

Fairchild Connection



Vol. 7, No. 16

92arw.pa@fairchild.af.mil

April 25, 2003

What's Inside

Senior NCO course held

— Page 4

Waste Management procedures

— Page 6

Officer supports adoption

— Page 10

Celebrate Centennial of Flight

— Page 11

Services Presents guide

— Page 16

Greetings



Master Sgt. Christopher Zaher

Congratulations to Maj. Jean, MacDill Air Force Base, Fla., 1st Lt. Emily and Staff Sgt. Alecia of Fairchild, who were one of the first all-female crews to fly a combat mission over Iraq.



Photos by Airman 1st Class Sabrije Shemo

Happy homecoming

(Above) Maj. Greg Hermsmeyer, 96th Air Refueling Squadron, receives an enthusiastic welcome from his daughter, Kate, Saturday after returning from a forward deployed location. (Left) 1st Lt. Monique Farness, 97th Refueling Squadron, celebrates on the first of several aircraft that returned Saturday, bringing more than 100 Team Fairchild members home from their forward deployed site.

Spokane honors military

Story and Photos by
Staff Sgt. Shannon Collins
92nd Public Affairs

Spokane community officials named two Fairchild airmen the 2003 Spokane Chamber of Commerce Armed Forces Persons of the Year during an awards banquet April 17.

Senior Master Sgt. David Duenas, medical logistics flight superintendent, 92nd Medical Support Squadron, and Staff Sgt. Ben Aldrich, physical therapy technician, 92nd Medical Operations Squadron, are honored with the recognition.

"I've never won an award similar to this one. This unique award is among the ones I'm most proud and honored to receive," said Duenas.

"It's an honor to be recognized for an award like this and a privilege to represent the Air Force, the 92nd Air Refueling Wing and the 92nd Medical Group," added Aldrich.

The competition for the award is divided between active duty units and Reserve or Guard units, and between senior and junior enlisted personnel. They are chosen for their community service as well as the way they handle their military duties.

Throughout the year, both airmen have contributed to Air Force and the community, and both recently earned Air Mobility Command-level awards.

Duenas is the commander's

— See **Winners**, Page 8

FCC launches enhanced “Calling Home” program

To help provide members of the Armed Forces with information on telephone services that are available to bridge the gap back to the States, the Federal Communications Commission has launched an enhanced version of its “Calling Home” program, originally begun in May 2002 during Armed Forces Appreciation Month.

“Given the great increase in the number of service personnel stationed abroad, the Commission felt that it was important to expand and reemphasize this important program at this time,” according to K. Dane Snowden, chief, FCC Consumer and Governmental Affairs Bureau.

CGB is responsible for implementing the Commission’s traditional role as the military’s federal consumer telecommunications advocate and maintains a Web site that focuses solely on issues of interest to the military at www.fcc.gov/cgb/military.

The FCC is distributing packets of useful materials to approximately 300 Relocation Offices and Family Services Centers throughout the United States and to approximately 70 U.S. military bases abroad.

The information packet contains five brochures, including: “Calling Home: What You Should Know — A Guide for the U.S. Military;” “Get Connected: Afford-A-Phone;” “About the FCC: A Consumer Guide to Our Organization, Functions and Procedures;” “International Long Distance Calling;” and “What You Should Know about Wireless Phone Service.”

Quotable

“The world is safer. The terrorists have lost an ally. The Iraqi people are regaining control of their own destiny. ... These are good days in the history of freedom,”

George Bush
President



Staff Sgt. Karen Tomasik

Rocket removal

Staff Sgt. Edward Lockhart and Senior Airman Nick Last remove rocket propellant for disposal. Both airmen are explosive ordnance disposal technicians with the 386th EOD team at a forward-deployed location.

First Navy aircraft lands at Baghdad International

BAHRAIN (NNS) — The Navy presence was felt at Baghdad International airport as a Navy P-3 Orion from Patrol Squadron (VP) 46, “the Grey Knights,” became the first Navy aircraft to land on the outskirts of the newly liberated city April 16.

Cmdr. Steve Krotow, commanding officer of VP-46, touched down not on the main runway, which was damaged from earlier air strikes, but on the taxiway next to it.

It also marked one of the first times that coalition aircraft had been allowed to land during the day in the capital city due to the hazardous conditions and unsecured areas of the city. VP-46 was on a mission to deliver Vice Adm. Timothy



Keating, commander, U.S. Naval Forces Central Command, to his meeting with the commander of Central Command, Gen. Tommy Franks, and other combatant commanders in the region.

VP-46 is currently on deployment as part of Commander, Task Force 57 in the NAVCENT area of operations, and is based out of Naval Air Station Whidbey Island, Wash.

For more Navy news, go to www.news.navy.mil.

Air Force, Central Command set war trophy policy

WASHINGTON, D.C. — Servicemembers deployed supporting Operation Iraqi Freedom may be tempted to bring home souvenirs of their war experience, but Air Force legal officials are urging them to think twice.

Depending on the item, bringing home a “war trophy” could lead to court-martial, said Lt. Col. Karen Manos, legal staff officer in the Air Force’s operations law division at the Pentagon.

According to the instruction, servicemembers are not allowed to claim the following as trophies:

- ♦ Weapons that are defined as

Army wrestlers dominate Armed Forces Championships

MOUNTAIN HOME, Idaho (Army News Service) — The All-Army freestyle team won six of seven gold medals April 13 to punctuate soldiers’ domination of the 2003 Armed Forces Wrestling Championships.

Members of the Army World Class Athlete Program also won three gold medals April 12 in Greco-Roman competition en route to grappling team titles in both wrestling disciplines from the U.S. Marine Corps, Navy and host Air Force.

With the exception of the Marines’ conquest in 2001, the All-Army team has won the Armed Forces Championships every year since 1989, and this was their strongest freestyle tournament that anyone could remember.

“In freestyle, this is by far the best team we’ve ever had since I’ve been here,” said Army Sgt. Keith Sieracki, 31, of Richland Center, Wisc., who won the 74-kilo Greco-Roman crown. “And I’ve been around for a long, long time.”

Sieracki, was a U.S. alternate for both the 1996 and 2000 Summer Olympics.

His younger brother, Senior Airman Aaron Sieracki, celebrated his 28th birthday by winning his sixth Armed Forces Greco title at 84 kilos on the strength of convincing victories over Army Sgt. Kenny Owens, a former Marine, and Marine Jacob Clark.


For the rest of the story, go to www.dtic.mil/armylink/news/Apr2003.

firearms by the National Firearms Act.

- ♦ Government-owned or privately owned articles of a household nature that have intrinsic value, such as coin collections or jewelry.

- ♦ Religious items.
- “What you’re left with, basically, are individual issue items,” Manos said. “An Iraqi mess kit, or something like that, would be fine.”

The key thing to remember, Manos said, is that there is a right way to collect and bring home souvenirs — servicemembers simply have to follow the rules. For the whole story, go to www.af.mil/news.



The Fairchild Connection is published by the Cheney Free Press, a private firm in no way connected with the Air Force, under exclusive written contract with Fairchild Air Force Base.

This newspaper is the congressionally authorized commercial enterprise newspaper for Fairchild AFB members of the military services. Contents of the *Fairchild Connection* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Air Force.

The appearance of advertising in this publication, including inserts and supplements, does not constitute an endorsement by the DoD, or Cheney Free Press, of the products or services advertised. Goods and services advertised in this publication will be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchase, user or patron.

Public Affairs

Content is edited, prepared and provided by the 92nd ARW Public Affairs Office, located in Building. 2285, wing headquarters. Office hours are 7:30 a.m. to 4:30 p.m. Monday-Friday. Copy submitted for publication may need to be edited to conform to the Associated Press Stylebook and for length.

Letters to the editor are encouraged, as well as feedback about the paper and its content. For more information, call 247-5704 or fax 247-2120.

Deadlines

Deadline is noon on the Friday a week before publication date.

Submissions are preferred as Microsoft Word documents, times new roman font, 10 pt. and double spaced.

E-mail submissions to 92arw.pa@fairchild.af.mil

Classified ads

For advertisement information or to address advertisement and delivery concerns, call the Cheney Free Press at (509) 235-6184.

Fairchild Connection Editorial Staff

Commander Col. Randal Fullhart	Chief Capt. Denise Boyd
Deputy Chief 2nd Lt. Rebecca Garcia	Superintendent Master Sgt. Mary McHale
Media Relations 2nd Lt. Tiffany Payette	Community Relations Rob Fortenberry

Fairchild Connection
Staff Sgt. Shannon Collins

Holocaust remembrance schedule

Monday — 11 a.m. to noon
“Holocaust in Memory of Millions” — video documentary shown at the Deel Community Center
Tuesday — 2-4 p.m.
“Modern Representations of the Holocaust: Scholarship, Museums, Movies and Denialism” — a lecture by Professor Michael Roy Russell, Eastern Washington University, at the Education Center, Rooms 102 and 104
Thursday — 11 a.m. to 1 p.m.
“Life is Beautiful” — shown at the base theater; free popcorn, drinks provided
May 2 — 11 a.m. to 1 p.m.
Luncheon with guest speaker Dr. Edith Eger, Holocaust survivor, in the Club Fairchild ballroom

Garden supplies

The Self-Help store has lava rock, bark chips, topsoil, plastic edging, weed barrier and bee traps available for pick up. Due to budget constraints, they will not be issuing flowers this year. The Housing Maintenance Office also has grass seed and fertilizer available. For more information, call the Self-Help store at 247-2305, or the Housing Maintenance Office at 244-5643.



Credit union open Saturdays

The Fairchild branch of the Global Credit Union is now open Saturdays from 9 a.m. to 5 p.m. for customer convenience. John Madri, GCU president, said the decision is based on a desire to provide increased services to active and retired military members.

Fairchild hosts “Family Fun Day”

Fairchild will hold its second “Family Fun Day” Saturday at the Fun Spot from 9 a.m. to 3 p.m. The Family Support Center, in conjunction with Operation Spokane Heroes, is planning a carnival-style event with games, free food and drinks. Everyone is invited to attend this day of music, games, prizes and community spirit. This event is open to all branches of the armed forces. For more information, contact Senior Master Sgt. Joe Riff at 247-2246.

Go to tricare.osd.mil/reserve for Guard, Reserve TRICARE information

Community support

- ◆ View a list of local businesses supporting the military at www.spokanechamber.org; click on Operation Spokane Heroes.
- ◆ Operation Uplink is a program that keeps military personnel and hospitalized veterans in touch with their families and loved ones by providing them with a free phone card. Operation Uplink purchases phone cards and distributes them to servicemen and women. Go to www.operationuplink.com to find out how to get a card, or to make a donation.
- ◆ Donate a commissary gift certificate at www.commissaries.com. Purchase to give as a gift, purchase and take delivery, then forward to a military relief organization, or donate through a non-profit organization such as the Air Force Aid Society for military families worldwide, the USO, or Fisher House Foundation.

Living with grief

Coping with public tragedy is the title of the Hospice of America’s 10th annual bereavement teleconference Wednesday from 10:15 a.m. to 2 p.m. at the Spokane Civic Theatre. This program will cover factors that define a public tragedy and offer insight and advice to organizations and professionals as they support the community and assist those coping with loss. For more information call Hospice of Spokane at 456-0438.



Blood drive May 6

The Armed Services Blood Bank Center, Pacific Northwest will hold a blood drive at the Deel Community Center May 6, from 8 a.m. to 4 p.m. Information on donation restrictions can be found at www.mamc.amedd.army.mil, click on MAMC Blood Drive.

Pager, cell phone regs

Team Fairchild personnel are reminded that per AFI 36-2903, in uniform, cell phones and pagers clipped to the uniform or carried in the left hand must be for official use only.

Legal assistance

Powers of attorney are available Monday through Friday, 8-11 a.m. Legal assistance is available Monday, Tuesday, Wednesday and Friday, 8-9 a.m. Wills are available Thursdays by appointment only. Call 247-2838 for more information or to schedule an appointment.



Airman 1st Class Lapedra Tolson

Dig in!

Col. Frank Sizemore, commander, 92nd Air Refueling Wing, helps a Blair Elementary School second grader shovel dirt onto a tree at the Arbor Day Tree ceremony April 17. The ceremony is an annual event and Fairchild was recognized as a Tree City Community.

Now playing at the Fairchild Theater

Today



Daredevil (PG-13)
1 hour and 50 min.

Ben Affleck plays Matt Murdock, who as a boy was left blind after being hit by a radioactive isotope. Although his eyes no longer function, Murdock’s other senses become superhuman, especially a secret, radar-like ability he develops.

Saturday

Old School (R)
1 hour and 31 min.



Three former college buddies, now in their 30s, are unhappy with their lives and try to find fulfillment by reliving their college glory days. The three move into a house not far from their old college campus and start their own fraternity.

May 2

Agent Cody Banks (PG)
1 hour and 36 min.



Frankie Muniz stars as a teenager who becomes a James Bond-type spy when he is drafted by the U.S. government for covert missions requiring kid-sized undercover agents.

May 3

Tears of the Sun (R)
2 hours



Bruce Willis stars as Lt. A.K. Waters, the leader of a Navy SEAL unit sent to a remote section of war-stricken Nigeria to save an American woman, Dr. Lena Kendricks (Monica Bellucci), who runs a mission there. But when Waters arrives, he finds that Kendricks won’t leave — she wants him to escort the refugees she cares for out of the hostile territory as well.

Doors open at 6:30 p.m., and the movie starts promptly at 7 p.m. Children 5 and under are admitted free, 6 to 11 are \$1.50 and adults are \$3. Call 247-5600 for a list of movies and times.

Fairchild hosts senior NCO course

Story and photo by
Master Sgt. Mary McHale
92nd Public Affairs

Fairchild University facilitators hosted new master sergeants and master sergeant selects during their second three-day Senior NCO Professional Development Course Friday, Monday and Tuesday.

The facilitators, Senior Master Sgt. Scott Conger, career advisor, 92nd Air Refueling Wing, and Senior Master Sgt. Joseph Riff, superintendent, Family Support Center, said the goal of the course is to bridge the professional development gap between the NCO Academy and the Senior NCO Academy.

While a course previously existed, they said Chief Master Sgt. James Guidry, command chief, 92nd Air Refueling Wing, wanted to rework it to make it more focused and applicable toward daily tasks senior NCOs face. So Conger and Riff began working together in October to make it more straightforward and to the point, to address what senior NCOs really needed to know. They worked to develop the current course for approximately five months, but say they continue to tweak it based on student feedback and personal course observation. While there is an overall critique at the end of the course, Conger and Riff said each block is critiqued as well.

To this end, they used a variety of resources to develop the existing curriculum, which includes topics from discipline to awards and decorations.

"The most challenging part of the transition from NCO to senior NCO is that the level of accountability and responsibility increases a noticeable degree," Conger said.

Riff agreed and said most significant about the transition is from being a "technician-supervisor to shop chief," where many more managerial skills are required both in terms of people and material resources.

Conger, who instructs a block on the enlisted evaluation system, said the



Master Sgt. Joe Veliz, weapons safety manager, 92nd Safety Office, takes measurements from a base map. Veliz was one of several students who recently attended the Fairchild University Senior NCO Professional Development Course.

majority of course instructors are either active or retired chief master sergeants who bring "years and years of experience."

"Who better to teach the course?" Riff asked rhetorically.

In fact, while developing the course, both said they also brought their own personal experiences to help determine blocks of instruction best suited to achieve the course's professional development goals.

Retired chief master sergeant Guy Conley instructs a block about senior NCO responsibilities and authority with an overview of professional and unprofessional relations.

"The most significant point I try to stress is they are now totally involved in the decision process for mission accomplishment," Conley said. "Several students in this class said they used to be asked to leave meetings at certain points when they were a technical sergeant. Now, they are asked what they think about the process and the decision to be made."

"I do consider this course beneficial

and an honor to attend," said Master Sgt. Joe Veliz, 92nd Air Refueling Wing weapons safety manager. "The time lapse experienced after attending the NCO Academy can be several years for many senior NCOs. This course is an excellent follow-up tool for newly selected and promoted master sergeants.

As far as career development, Conger and Riff said probably one of the most important aspects of the course is the education brief. During it, students each receive an individual education profile, an initiative of education and training director, Jan Vanderwall, reflecting the status of their Community College of the Air Force progress. Additionally, the facilitators said students are also briefed on the myriad of available education programs and benefits, not only for their own benefit but so they can share the information with their subordinates.

Army Staff Sgt. Jose Perez, assigned to the 92nd Security Forces Squadron, said he's enjoying the course, especially comparing the different ways the Air Force and Army approach issues. He also enjoys the networking aspects.

"It's easier to communicate with your peers in this kind of environment," Perez said. "I'm learning a lot of good points about how to conduct business."

"Senior NCO professional development courses are critically important to the growth of a professional enlisted force, not just for the senior NCO selected to attend, but the enlisted force at large," said Col. Frank Sizemore, acting commander, 92nd Air Refueling Wing. "Sharing leadership experiences with other senior NCOs is a great way to improve individual leadership skills, to learn what works and what does not. But the payback is found in the junior NCOs and airmen later influenced by our master sergeants. Our master sergeants are at the center of the action and have tremendous potential to influence our success. Their professional development is an investment in tomorrow's Air Force."

News Briefs

Kindergarten registration: Blair kindergarten registration for students living on base for the 2003-2004 school year will be May 5-8 from 9 a.m. to 3 p.m. in the school office. Students entering kindergarten must be five years old on or before August 31. The child's birth certificate and immunization record are required to register.

A/TA convention: SCOTT AIR FORCE BASE, Ill. (AMCNS) — The 2003 Airlift/Tanker Association's national convention is planned for Oct. 30 through Nov. 2 in Anaheim, Calif.

Last year's event, held in Nashville, Tenn., was the largest A/TA convention to date, drawing approximately 3,000 attendees and 85 general officers. The convention offered a series of seminars and workshops, promoting the professional development of mobility personnel.

Membership to A/TA is open to anyone interested in the advancements of air mobility capabilities. Information on the A/TA is available at www.atalink.org.

SARS cases at Hill; patients recovered: HILL AIR FORCE BASE, Utah (AFPN) — Test results confirmed April 21 by the Centers for Disease Control and Prevention show that two retired Air Force officers, who recently returned to Utah from a trip to Asia, had severe acute respiratory syndrome, and have now recovered.

One patient works as a contractor on base and the other works off base. One patient was seen at the clinic here, and the other was seen off base, according to Col. (Dr.) Charles Williams, 75th Medical Group commander.

Second airman killed in F-15E crash: WASHINGTON, D.C. (AFPN) — Department of Defense officials announced April 23 that Maj. William R. Watkins III, 37, of Danville, Va., was killed in action April 7 while supporting Operation Iraqi Freedom. Watkins was assigned to the 333rd Fighter Squadron, Seymour Johnson Air Force Base, N.C. Watkins was the weapons system officer of an F-15E Strike Eagle that went down April 7 during a combat mission in Iraq. The incident is under investigation, according to officials.

Presented with pride

Chief Master Sgt. Richard Burris, superintendent, 92nd Maintenance Group, City of Spokane Valley councilmen Steve Taylor and Rich Munson, and Col. Frank Sizemore, commander, 92nd Air Refueling Wing, display the banner presented to Team Fairchild by Spokane.



Robert Fortenberry

Tests: The Education Center offers the English CLEP with essay test June 3 at 8 a.m. — sign up by Thursday. The center also offers an Excelsior Extended Response Essay test June 6 at 8 a.m. — sign up by May 6; a LSAT June 10 at 8 a.m. — sign up by May 6; and a PRAXIS test July 29 at 8 a.m. — sign up by June 26. Call 247-2348 for more information.

Sharpen your study skills: Improve test scores and brush up on study skills by attending this eight-hour class May 6 from 7:30 a.m. to 4:30 p.m. in the Education Center, Room 105. Call the Education Center at 247-2348 to register.

Eastern Washington University: Representatives will be at the Education Center May 6 and 20 for counseling. Call 247-2340 to sign up or for more information.

Southern Illinois University: The Education Center offers the Southern Illinois University's Bachelor's Degree Program. This accelerated program is alternate weekends for one year. Credit is given for professional or technical work experience and military training. Credit is also given for community college work and associate degrees.

The next set of classes is from May 17 through Aug. 24. Openings are going fast. Call Cynthia Powers at 244-3356 or e-mail siufairchild@msn.com for enrollment details or more information.

Park University: On-site classes for Summer Term V begin May 19 and Internet classes start June 2. Registration is currently in progress. Park University, Fairchild Resident Center, offers four associate of science degrees and seven bachelor of science degrees. Financial aid is available to eligible students. Call 244-2020, e-mail fair@mail.park.edu or visit www.park.edu for more information.

Troops to Teachers: America's schools need quality teachers. People can determine their eligibility and by visiting www.proudtoserveagain.com. Call Les Powell at 247-4204, DSN

922-1230, (800) 231-6242, or (850) 452-1230 or e-mail ttt@voled.doded.mil for more information.

James J. Lennon Memorial Scholarship: Park University offers \$2,000 annually — \$1,000 to two students — for the 2003-2004 school year.

Cathy Lennon established this scholarship in memory of her husband, James Lennon, to assist undergraduate economic or business administration program majors in earning their higher education degree.

Recipients must be a economics or business administration major — management majors are the equivalent of BA majors; have a 3.0 grade point average; be in part or full time student status and have a family military background — the student doesn't have to be active duty or a veteran, as long as one of his or her parents or grandparents were in the military.

Students may submit the application letter to Park University, Student Financial Services, 8700 River Park Drive, Parkville, MO 64152. Call 244-2020 for more information.

Park University's Homefront Military Support Center: Park University students are among the many service members who are or have been deployed. The university is proud to salute our more than 14,000 military students who have left their families and placed their academic progress on hold to serve their country. The support center Web site, kidd.park.edu/connect/home.html, is designed with a patriotic theme which includes "Park's Proud" where students, families and friends can submit a profile of any person who has been deployed; "Information Support Center" where people can view a listing of external links to resources such as the Red Cross and Lifelines for families who have had a family member deployed; and "Support Our Troops" where people can view a listing for several organizations that are sponsoring programs for members of the Armed Forces overseas. Call 244-2020 for more information.

Ready, aim ...

Senior Airman Ryan Martin, combat arms instructor, 92nd Security Forces Squadron, practices firing the M203 40mm grenade launcher on the target range during a requalifying class April 17.



2nd Lt. Tiffany Payette

Guidelines key to refuse, recycling

To ensure customer satisfaction and program efficiency, outlined below are instructions and educational information regarding solid waste and recycling management on the base.

Residential garbage collection

Each military family housing unit is provided a 64-gallon roller cart for garbage collection. Collection begins at 7 a.m. each Wednesday. To ensure efficient collection, have the cart at the curb prior to 7 a.m. each Wednesday. Don't overload the cart. For occasional extra garbage, set it out in cans or bags not to exceed 32-gallons in size and weighing no more than 65 pounds each. Don't place hot ashes, liquid waste or hazardous materials in garbage. Securely bag animal waste, dust or ashes, styrofoam peanuts and/or any other items that may blow and cause littering.

Residential recycling collection

Each military family housing unit is provided one 18-gallon recycling bin. Recycling collection begins at 7 a.m. each Wednesday. To ensure efficient collection, have the recycling bin at the curb prior to 7 a.m. each Wednesday. Listed below are the acceptable recyclables and how to prepare them for collection.

◆ Newspaper — bundle or place in brown grocery bags.

◆ Corrugated cardboard — flatten and fold to a size not to exceed 4 feet by 6 feet and place next to recycling bin.

◆ Magazines and phonebooks — bundle or place in brown grocery bags.

◆ Glass — all colors of bottles and jars only, rinse and discard lids, labels okay.

◆ Aluminum and tin cans — rinse, remove labels and flatten, no foil or scrap metal.

◆ Plastic shopping and garment bags — number 4 LDPE light-colored bags.

◆ Plastic containers — number 1 PET natural and colored bottles. Number 2 HDPE natural and colored bottles. Remove lids and flatten.

◆ Household batteries — put in sealed bag and place on top of recycling bin.

◆ Mixed paper — includes cereal boxes, beverage cartons, junk mail, paper bags and other clean paper.



Flatten all boxes.

Residential yard debris collection

Each military family housing unit is provided a 96-gallon roller cart for yard debris collection. Yard waste is collected weekly during the months of March through November.

To ensure efficient collection, have the cart at the curb prior to 7 a.m. each Wednesday. Don't overload the cart, maximum weight is 200 pounds.

For occasional extra yard debris, set it out for collection in cans or bags not to exceed 32-gallons in size and weighing no more than 65 pounds each. For prunings or branches, bundle and tie with twine or cord, not metal wire.

Bundles must weigh less than 65 pounds. Branch cannot be over 3 inches in diameter or longer than 5 feet in length.

Bulk item pick-up

Waste Management will provide bulk item pick-up once each quarter. Bulk item pick-up is a service that assists military family housing

members in disposing of large, bulky items. These items include furniture, appliances, outdoor equipment, bikes, motorcycles, lawnmowers, tires, electronic equipment, etc. Bulk items cannot exceed 10 feet in length or weigh more than 300 pounds, and shall not contain hazardous materials.

The quarterly bulk item pick-up schedule will be advertised in the base newspaper and through other base media outlets. On scheduled pick-up days, place bulky items curbside by 7 a.m.

Holiday schedule

There will be no garbage, recycling or yard debris collection on the following holidays: New Years Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving and Christmas Day. If any of these holidays fall on or before the normal Wednesday pick-up, collection service for that week only will be delayed one day.

All drivers use a tagging system to identify and correct service related issues on route.

For any questions or service interruptions, call Waste Management's customer service department at 924-9400. (Courtesy of Waste Management contractor.)

Base honors volunteers' hours

The following people were recognized in a ceremony sponsored by the Fairchild Family Support Center Tuesday for volunteering more than 100 hours on base or in the local community in the past calendar year:

Cpts. Alan Adams, Brett Bishop, Christopher Estridge, and Deedra Nelson; Senior Master Sgt. Dave Duenas; Master Sgts. Paul Hamel, Robert James; Brian Lavoie, Michael Martin, and Robert Sturtevant; Tech. Sgts. William Bowers, Carol Buzzard, Joe Corder, Amy Hunter, Xaviera McFadden, and Joshua Swanger; Staff Sgts. Yvette Arce, Stephanie Badia, Stephani Bair, Kenneth Bosshard, Joseph Boswell, William Duchanse, Eliseo Dumlao, Matthew Fox, Robert

Halsey, Kimberly Harless, Kevyn Kerker, Kecia King, Tanna Langue-Yarnell, Joseph Read, Ryan Shipley, Katie Stoner, LaSandra Stout, Gary Weishaupt, David Wirt, and Kelly Young; Senior Airmen Brian Canales, Edgar Ferreira, Jeremy Gray, Coby Hill, Brooke Lynds, Cortni Potts, and Elizabeth Van Huffel; Airmen 1st Class Annissa Chavez, Tevyka Heyward, Michael Ramirez, and Edwin Vasquez; Airmen Susie Fowler; Karla Barker, Mike Berube, Gail Brown, Bambi Bustos, Jessica Chadwick, Judy Gabes, Cathy Hauan, Anna Martin, David Martin, Pamela Martin, Lesli Payne, Hank Pelella, Bobbi Schroeder, Sheri Semrau, Ed Vanabbema, and Dee Wertz. *(Courtesy of Family Support Center.)*



Staff Sgt. Shannon Collins

Top pharmacy form

Tech. Sgt. David Harris, pharmacy technician, 92nd Medical Support Squadron, fills a prescription of blood pressure medicine for a patient. Harris recently won the Air Mobility Command-level award for Pharmacy Technician NCO of the Year.

92nd ARW Public Affairs seeks assistance

Recently returned from a deployment? The 92nd Air Refueling Wing Public Affairs Speaker's Bureau is seeking volunteers. If you would like to speak to audiences in the local community, call Robert Fortenberry at 247-5704. Have a story or photo idea or special event for the *Fairchild Connection*? Contact Master Sgt. Mary McHale at 247-5705.

New military ID cards are secure, ready

RANDOLPH AIR FORCE BASE, Texas (AFPN) — The high-tech identification common access card currently replacing the familiar green ID card worldwide is secure and proven in combat, despite some rumors to the contrary.

“Worries are unfounded” that the new ID cards are easily accessible to identity thieves or even hostile forces, said Chief Master Sgt. Ricky Arnold, survival, evasion, resistance and escape program manager at the Pentagon.

“These cards are not a risk to anyone’s privacy or security,” said the chief.

“We thoroughly researched the security risks before we even began to issue common access cards,” said Maj. Gen. Richard Mentemeyer, director of operations and training at the Air Staff.

“We were satisfied then, and recent

events have reinforced our belief that common access cards are not only secure and safe but also provide required Geneva Conventions information in the event an airman is captured,” the general said.

“In a war zone or at home station, there should be no hesitation: don’t leave home without it,” he said.

The card does not contain any personal information electronically that is not already printed on the card, officials said.

What it does is allow for electronic access to computer systems that contain personal data.

Also, an extra layer of protection is provided when a card is reported lost or the cardholder goes into missing or captured status. At that point, computer and data system access is turned off, officials said.

And built-in electronic security measures make getting access to the information on the chip extremely difficult, if not impossible, officials said.

“To date, there has not been a single successful attempt to extract information from one of these cards,” Arnold said.

Arnold said airmen isolated in hostile areas do not have to worry because officials tested and validated the process for turning off computer access during Operation Iraqi Freedom.

Common access cards should be issued across the Department of Defense by October to all eligible Air Force active-duty people, guardsmen, reservists, civilians and some contractors, officials said.

Rumors that some deployed airmen destroyed or lost their common access cards in an effort to get an old-fashioned

green ID card reissued to them spurred officials to conduct an informal study into the matter, Arnold said.

“The statistics don’t show any cases where people are intentionally maneuvering to get old-style cards. And we checked specifically for indications of that. It just seems to be a completely unfounded rumor,” the chief said.

Even in hostile areas, the new cards do not put peoples’ privacy and security at risk, officials said.

Each card bears a color photo and service seal of the holder, required visible personal data, a magnetic strip, linear and two-dimensional barcodes, and a 32-kilobyte computer chip.

More information can be found at www.dmdc.osd.mil/smartcard.

(Courtesy of Air Force Personnel Center News Service.)



Staff Sgt. Ben Aldrich, physical therapy craftsman, 92nd Medical Operations Squadron, measures the range of motion of a sprained ankle belonging to Staff Sgt. Mark Schroeder, 36th Rescue Flight.



Senior Master Sgt. David Duenas, medical logistics flight superintendent, 92nd Medical Support Squadron, performs an initial electrical safety and acceptance inspection on a physiological monitor that will be used to assess a patient's vital signs.

Winners

Continued from Page 1

primary advisor on enlisted personnel, morale and training. He also coordinates the efforts of the pharmacy, lab, radiology and supply offices at the base medical facilities. He volunteers for many community service programs, participates in national observances and other cultural awareness and education initiatives and leads a diverse unit to optimize patient care for more than 24,000 beneficiaries while working on his Ph.D.

He credits his award to his coworkers and his girlfriend, Melissa Campbell.

“I won this award because of the tremendous support from my girlfriend, family and fellow Air Force professionals. Although this is an individual award, countless people have contributed. I can do nothing without their teamwork,” said Duenas. “They are all extremely proud of me and grateful that the local community fully supports the troops. They are incredibly supportive of the people who are keepers of freedom. It means a lot to be appreciated for what we do and the sacrifices we make.”

Aldrich recently obtained his bachelor’s degree and two Community College of the Air Force degrees and has volunteered with the Second Harvest Food Bank and the Habitat for Humanity. He’s responsible for more than 7,000 physical therapy patients.

He credits his supervisors with his win. “I have a great supervisor and officer in charge who have taught me a lot about physical medicine. I also have an outstanding squadron commander,” said Aldrich.

Supervisors for the airmen weren’t surprised when they heard of the honor.

“Both of them were recognized for these awards because of their dedication

“It’s a privilege to work with David on a day-to-day basis. He sets the example for us all to follow,”

Capt. Christopher Estridge
92nd MDSS

to excellence and high standards they set for themselves on a daily basis for the activities they perform on and off the base and in the local community. I think it’s great they are receiving this recognition,” said Capt. Brett Bishop, Aldrich’s officer in charge, 92nd MDOS.

Duenas’ supervisor agreed with Bishop.

“Senior Master Sgt. Duenas has received quite a few awards in his career but this award is special because it highlights his dedication not only to the Air Force and Fairchild, but also to the greater good of Spokane and its residents. It’s a privilege to work with David on a day-to-day basis. He sets the example for us all to follow in medical logistics,” said Capt. Christopher Estridge, 92nd MDSS.

Duenas and Aldrich highly recommend volunteerism to other military members.

“Any assignment, whether you’re there temporarily or permanently, is truly what you make of it. You’re guaranteed to get a positive experience if you volunteer and capitalize on what’s unique to that particular location,” said Duenas.

Senior Airman Aischa Summers, 141st Air Refueling Wing, Washington Air National Guard, and Marine Staff Sgt. Joseph Bowman, a reservist with the Battery P, 5th Battalion, 14th Marines, also won the Spokane community award.

92nd Aeromedical Dental Squadron: Congratulations to Master Sgt. Robert Traynor for winning the 92nd Air Refueling Wing Senior NCO of the Quarter.

92nd Aircraft Maintenance Squadron: Congratulations to the following 28th Expeditionary Air Refueling Squadron March 2003 award winners: Master Sgt. Frank Southard, senior NCO; Staff Sgt. Jason Griffith, NCO; and Airman 1st Class Keith Russo, Airman. Congratulations to the following 363rd EARS award winners: Staff Sgt. Sean Pheabus for winning the February Professionalism Really Is Self-Motivation Award and Staff Sgt. Jeremiah Sutton for winning NCO of the Quarter. The 92nd AMXS would also like to congratulate Griffith on winning NCO of the Month for the 462nd Air Expeditionary Group.

Congratulations to Senior Airman William Tyner and his wife on the birth of their son, who weighed 9 pounds, 8 ounces and measured 21.5 inches.

92nd Communications Squadron: Bruce Ward, plans and implementation flight, is having a wing-wide self-defense class May 24 at 10 a.m. at the Fitness Center. Sign up at the gym. Congratulations to Airman 1st Class General Crumley III, network controller, and his wife, Robin on the birth of their son, General IV, born April 4. He weighed 6 pounds, 13 ounces and measured 19.5 inches.

92nd Comptroller Squadron: The 92nd CPTS is proud to congratulate Airman 1st Class Joy Jacobs on her selection as both the 92nd CPTS and

92nd Air Refueling Wing Director of Staff Airman of the Quarter for January through March, Staff Sgt. Mark Swearingen on his selection as the 92nd CPTS NCO of the Quarter for January through March, and Steve Pflieger on his selection as the 92nd CPTS Civilian of the Quarter. Great job financeers. We would also like to recognize our Commander's Excellence Award winners for March: Senior Airman Kristy Bottass, Commander's Spotlight Award; Senior Airman Chris Kauffmann, Look Sharp Award; Senior Airman Jeff Knox, Fleet Feet Award; and Don Mallion, Commander's Spotlight Award. Excellent work combat comptrollers.

Congratulations to Bottass on her promotion to staff sergeant and Airman Sarah Garcia on her promotion to airman first class. The 92nd CPTS would like to extend a hearty welcome back to 2nd Lt. Eric Holyfield and congratulations on his recent graduation from Officer Financial Management School. We are sad to announce the departure of Tech. Sgt. Kenneth Campbell, who is PCSing to Dyess AFB, Texas. He is family and will be greatly missed; our prayers go with him.

92nd Contracting Squadron: Welcome Staff Sgt. Laurel Tennison, Senior Airman Maria Coleman, Carol McCauslin and Randy Powell.

92nd Mission Support Group: After competing in double elimination playoffs against the 92nd Civil Engineer Squadron, the 336th Training Group, and the 92nd Maintenance Squadron, the 92nd Logistics Readiness Squadron

Dart Team won the base championship March 26: 2nd Lt. James Pruchnic, Senior Master Sgt. Karen Taber, Tech. Sgt. Dempsey Fisk and Staff Sgts.

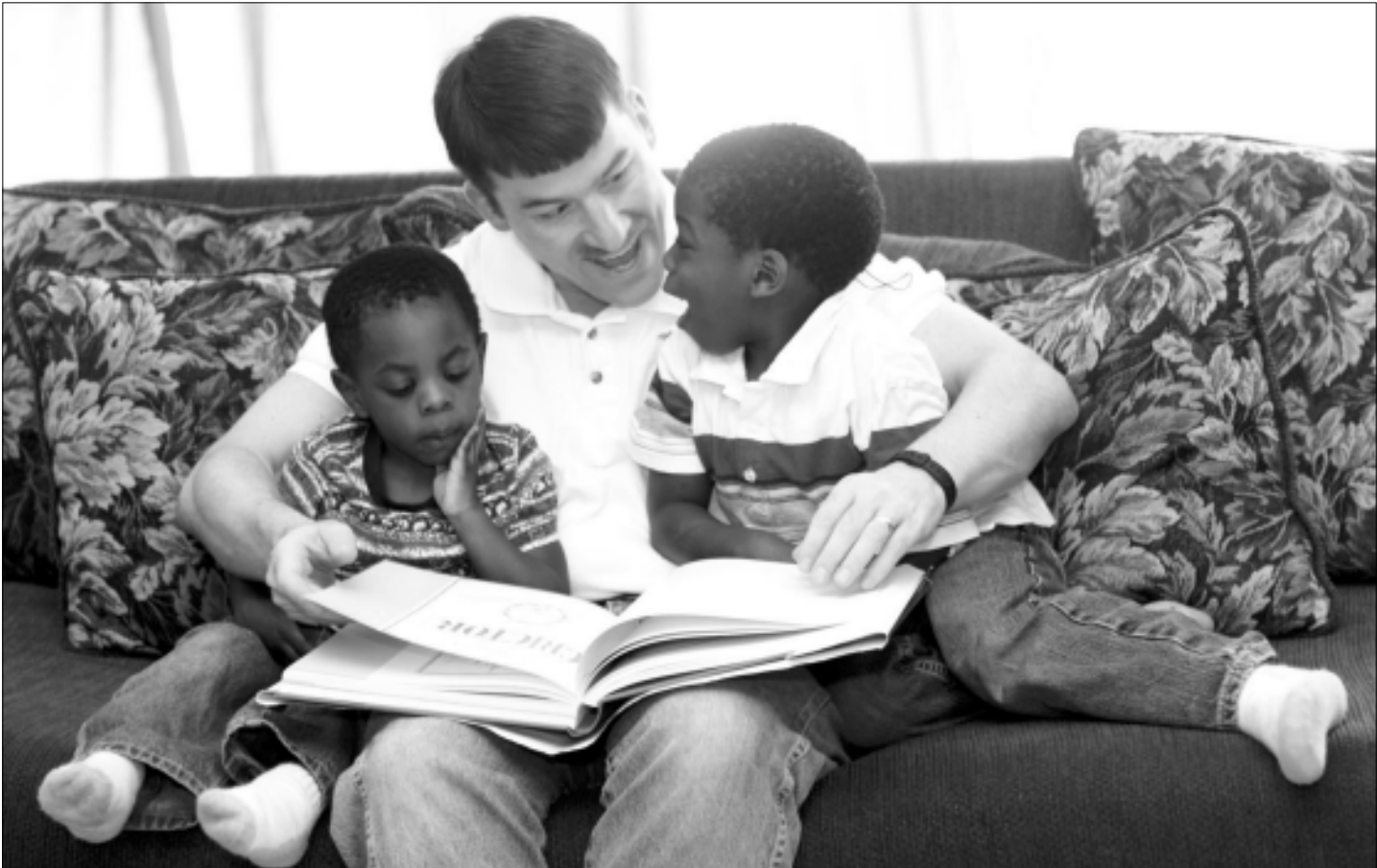
Michael Brower, James Faulkner, Ted Pyle, and Keith Vandongen and all other teams for an excellent season.



Staff Sgt. Shannon Collins

Outstanding airman

Airman 1st Class Annissa Chavez, health services management apprentice, 92nd Medical Support Squadron, files personnel information. She recently won the Air Mobility Command-level award for Outstanding Health Services Management Airman of the Year.



Maj. Dave Willis, 92nd Operations Support Squadron, reads a book to Zemar, 3, and Zeth, 5. Zemar and Zeth are two of the three children the Willis family adopted. The Willis family has provided foster care for 16 children over the past 13 years.

Fairchild family makes additions, learns adoptions bring adventure

**Story and photos by
Staff Sgt. Shannon Collins**
92nd Public Affairs

Zemar, 3, is quiet and likes to read. Zeth, 5, is a little fireball of energy and curiosity. Zane, 12, likes to be alone but can be heard giggling occasionally. Zarah, 16, earns college credits while in high school and plays with the younger children. Zach, 18, is about to go to Air Force basic training at Lackland AFB, Texas.

These children are just part of a full-rounded Fairchild family where one base officer and his wife just couldn't say no to adopting children into their family.

Maj. Dave Willis, 92nd Operations Support Squadron, and his wife, Beth, started out with their biological children, Zach and Zarah. When the children were 6 and 4, they decided to have more children and decided to be foster parents. They got licensed in Spokane during their first assignment here and took in children through the state who were removed from their homes for various legal reasons and returned once the court decided it was okay for the children to stay with their biological parents. While doing this, they met Zane, a special-needs child who is deaf with

autistic tendencies and some neuromuscular damage.

"He was two months old, weighed about six pounds, and they handed him to me, and it was like God handing us a child and saying, 'Will you love this child and take care of him?'" said Willis.

Eimi Hara, 20, a licensed caregiver, visits the Willis family daily to help care for Zane and is an honorary member of the family.

"Zane likes what he likes and doesn't like what he doesn't like. He's a unique individual handcrafted by God," said Hara, beaming down at Zane as she resumes her affectionate playing.

For the past 13 years, the Willis family has grown attached to 16 foster children who have come through their home. The goal of foster care is to reunite families, but sometimes that goal can't be reached, said Willis. This was the case with Zeth and Zemar, two children who weren't related before, but who now fight and play with each other like siblings. Zeth was born deaf but after surgery and a cochlear implant, he's now learning to sign less and talk more.

"He's into anything and everything," said Willis as Zeth tried

to grab his pager and take it apart to learn how it works.

"He's going to be a great athlete. He has a lot of natural ability," added the proud father.

Willis said the family has its good days and its bad days. The scariest moment was when Beth was driving their 15-passenger van, doing 70 miles per hour on the freeway, and Zane managed to get out of his seat and unlock and open the door.

"Beth managed to pull the van over before he could get hurt but she was very shook up because sure death could've happened in seconds," said Willis. The Willis family still remembers the incident with a shudder.

Like any family with its ups and downs, Willis credits the success of the family to Beth. Being in the military means moving around and going on deployments.

"When I'm gone, she has to run everything, and it's one thing to run a family, but it's another to run a family with special needs children. She's wonderful," said Willis.

Willis and Beth both said they are very happy with their ever-growing family and highly recommend adoption to others.

"We have been blessed by three



Eimi Hara, a caregiver, gives Zane Willis, 12, a hug while sitting on a trampoline at the Willis home.



Zeth gives a laugh of excitement with Willis, Zemar, and Willis' wife, Beth. Playing with the family dog, Shadow, riding bicycles, jumping on the trampoline, wrestling and reading books are just part of a normal day for the Willis children.

Adoptions

Call Maj. Dave Willis, 92nd Operations Support Squadron, at 247-5597 or e-mail him at david.willis@fairchild.af.mil, or call Kingdom Kids Adoption Ministries at 465-3520 or visit www.kkadoption.com for more information.

wonderful children the Lord has allowed us to adopt. Adoption is a great opportunity, and it may be right for you," said Willis. "If you have a selfish bone in your body, an adoption will teach you to give and serve others. Life is short. What will you pour your life into?"

"Whether you have birth children or adopted children, children are a joy. Each one of them is unique and perfectly made by God. It's just an adventure to raise children. They all need someone to love them," added Willis, hugging Zemar in his lap.

Zemar hugs him back, slides down and sits down with a book. Willis and Zeth decide to have a friendly game of wrestling as Beth and Zarah watch. Giggles can be heard over the couch where on the other side, Eimi tickles and plays with Zane.

Refurbishers help Fairchild celebrate Centennial of Flight

one plane at a time...

Story and photo by 2nd Lt. Rebecca Garcia
92nd Public Affairs

A glimpse into the past, a visual reminder — many have been sitting in the Air Park for well over twenty years, welcoming visitors and telling a piece of the Air Force story and the role that Fairchild has played.

Each plane in the park tells a little about Fairchild history and the missions involved. The planes are part of the museum, which is currently closed.

But since by regulation, all museum aircraft must be kept in good repair, all the planes in the park are unofficially assigned to squadrons for upkeep purposes. Some squadrons have already refurbished their plane; however, the majority are still in need of repair.

On average, the planes in the park have been outside for more than 20 years. After being exposed to the elements for this long, corrosion sets in, said Tech. Sgt. Greg Bailey, floor supervisor, 92nd Maintenance Squadron.

The airplanes belong to the Air Force Historic Society, and the society is funding a project to



Senior Airman Josh Shull, team member, 92nd Maintenance Squadron and Tech. Sgt. Greg Bailey, floor supervisor, 92nd MXS, inspect the interior of the first finished aircraft, a T-37 trainer.

refurbish all of the aircraft and restore them to their original appearance, said Bailey.

“Refurbishing the planes is very important to retirees — to see the history of the military kept up [and their memories respected],” said Tech. Sgt. Don Garner, section chief, 92nd MXS.

There are currently three people working in the shop assigned to perform the refurbishments, and they are all from the 92nd MXS. They are Garner, Bailey, and Senior

Airman Josh Shull, team member.

In November, the refurbishment program began with the intention of initially giving makeovers to three aircraft from the Air Park by July 26, in time for the base air show.

The T-37 trainer was the first to undergo a makeover; the work took two months. Currently the refurbishment team is working on the F-105 Thunderchief.

Baily said due to the size of the aircraft, it’s taking considerably more time than the trainer. The C-47 will be done last.

Refurbishment goes through specific stages, said Bailey. First the team must re-manufacture corroded panels and perform extensive repair and replacement of the exterior structure. Next, the exterior is sanded and repainted.

The painting process is particularly difficult because it also involves replacing decals and decorations that the original aircraft, or aircraft of its type, had when it was operational. This involves research, and often the team finds photos of the actual aircraft, which makes it easier to bring it back to its original appearance, said Bailey.

“I believe the project is important because it’s a part of this base’s history. People get to come and enjoy the aircrafts and see what planes and missions have been a part of this history,” he said.

Deployed personnel enjoy Spokane’s Hero Baggies

Troops enjoy generosity of local community

By Airman 1st Class Alice Moore
40th Air Expeditionary Wing Public Affairs

OPERATION IRAQI FREEDOM — Members of the 462nd Air Expeditionary Group received a big surprise when approximately 5,000 pounds of assorted care packages made their way to this forward deployed location from Fairchild a few weeks ago.

With sponsorship from the Spokane Regional Chamber of Commerce, Operation Spokane Heroes brought a little piece of home for the tanker crewmembers deployed here with “Operation Hero Baggies.”

“Spokane has been an active supporter of Fairchild for years,” said Capt. Jennifer Reiss, 28th Expeditionary Air Refueling Squadron maintenance officer. “Operation Spokane Heroes was created as a way for the community to remind troops deployed abroad that the community back home appreciates the sacrifices they make.”

The Operation Hero Baggies program kicked off

March 14 and will last until May 17. The program has been set up to provide care package items for deployed troop members, said Master Sgt. Tony Hill, 28th EARS productions superintendent and Spokane resident.

According to the Spokane Regional Chamber of Commerce Web site, Operation Hero Baggies provides a safe, easy way for individuals and corporations to show their prayers and thoughts are with the men and women in uniform. Also posted on the site was a service members’ wish list. The wish list contained items requested by deployed members such as pens, shampoo and calling cards. Through the work of the Fairchild Family Support Center, the items donated by Spokane residents, were carefully packaged and ready to be palletized to make its way here.

“I think it’s awesome that the community back home would do something like this,” said Staff Sgt. Scott Rabideaux, 28th EARS fuel systems technician, and Spokane resident. “It’s great to see how the community back home pulled together to make something like this happen for us. We all were really thankful.” With the amount of bags received, the Fairchild based crew had enough for other members of the 40th Air Expeditionary Wing to experience the support of the Spokane



Courtesy photo

Members of the local community greet airmen from the Fairchild Fire Department with donations for the Operation Hero Baggies program.

community, Hill said.

“Being originally from Spokane, I’ve always consider the place to be a pro-military community,” Hill said. “This is a perfect example for a community to show that they support the troops. There is a lot of happy people here today seeing what Spokane has done for them.”



Staff Sgt. Shannon Collins

Two members of the 2nd Support Squadron defend as a 92nd Communications Squadron player tries to hit the ball over the net during Over 30 volleyball playoffs Wednesday at the Fitness Center. The 92nd CS won the double elimination game 15-8. The Over 30 volleyball championship starts today at 11 a.m. at the Fitness Center.

Standings

Volleyball

Current as of April 22

Intramural		
Team	W	L
2nd SS	19	1
92nd LRS	16	3
336th TRG	15	2
92nd CES	11	10
92nd CS	10	9
92nd AMXS	10	9
92nd MOS	7	10
92nd OSS	5	12
MEPS	4	15
NMCRC	3	15
92nd MXS	3	17

Sports Brief

Intramural golf is tentatively scheduled to begin May 20, and a coaches meeting takes place May 5 at the Fitness Center. Intramural softball is tentatively scheduled to begin May 27, and a coaches meeting takes place May 6 at the center. Intramural disc golf is slated to begin June 2. Contact unit sports representatives for more information.

Get a kick out of classes at Fitness Center

The Fitness Center offers a variety of classes throughout the week. There's also a personal trainer available for consultation and services. Basic and monthly rates vary. The instructors are Certified Personal Trainers. Call 247-2791 or visit <https://www.fairchild.af.mil/services> for more information.

The Fitness Center is open Monday through Friday from 4:30 a.m. to 10:30 p.m., and Saturday, Sunday and holidays from 9 a.m. to 8 p.m. The Fitness Annex is open 24 hours a day, seven days a week. Classes available:

- Aerobics:** Step and Strength training takes place Mondays at 11 a.m., Wednesdays at 5 p.m. and Fridays at 6 a.m.; kickboxing Tuesdays and Fridays at 5 p.m.; Yoga Tuesdays and Thursdays at 11 a.m.; and a Yoga-Pilates Mix class Tuesdays at 6 a.m. and Thursdays at 6 a.m. and 5 p.m.
- Indoor cycling:** Classes take place Mondays, Wednesdays and Fridays at 6 a.m. and 11 a.m. and Tuesdays and Thursdays at 11 a.m.
- Soo Bahk Do Korean Karate:** Classes take place

Tuesdays and Thursdays — Children: 6:15 to 7 p.m. and adults: 7-8 p.m. The first two weeks are free. After that, children pay \$20 per month, and adults pay \$30 per month. The family rate is \$25 for the first family member and \$10 for each additional member. The instructor is 3rd dan kyo sa certified.

Shotokan karate: Classes take place Mondays and Wednesdays — Children: 5:45-7 p.m. and adults: 7-8 p.m. Children pay \$20 per month, and adults pay \$30 per month. The instructor is 2nd degree black belt certified.

Health and Wellness Center

General fitness: This one-hour class helps people develop their own individually tailored exercise program. Strength-training principles are also discussed. Participants must complete a Par-Q questionnaire prior to attending this workshop. The class is Thursday from 11:30 a.m. to 12:30 p.m. Visit www.airforcehealth.com/FairchildAFB/ for more information.

Sensible weigh: This four-session course provides education and support to members on the Weight Management Program and anyone interested in weight control. This class teaches a healthy-lifestyle approach to weight loss and weight management. Information on nutrition, behavior change and exercise to improve overall health and fitness is discussed. Graduates have lost an average of 4 pounds. The next session starts May 6 at 10 a.m. Classes run May 6, 13, 20 and 27 with the first session running from 10

a.m. to noon and the second through fourth sessions running from 10 to 11:30 a.m.

Stress management, relaxation and assertiveness training: This four session class provides ways to recognize symptoms of stress, how to manage it productively, breathing techniques, muscle relaxation methods to help relieve stress, problem solving when under stress and visual-imagery relaxation methods.

The class is every Wednesday, starting May 7, from 9 to 10:30 a.m. The rest of the classes are May 14, 21 and 28.

Tobacco cessation course: This four-class program includes participant interaction and presentations by a team of multi-disciplinary professionals and includes Zyban. The session starts May 7 from 2 to 3:30 p.m. Further classes are May 14, 21 and 28.

Strength training principles: This one-hour class teaches how to safely and effectively modify existing strength-training programs or begin a new program. Students receive hands-on training at either the HAWC or the Fitness Center on how long, how often, how many repetitions and what order muscles should be trained to achieve their personal goals. The class is May 15 from 11:30 a.m. to 12:30 p.m.

Cholesterol control class: This one-session class is a condensed version of “Eat Well for Life.” Participants will learn how to improve cholesterol levels by eating a reduced saturated fat and high-fiber diet. It also provides information on how to increase lifestyle activity level and goals for cardiovascular exercise. The class is by appointment only, and the next one is May 21. Call 247-5590 for more information.

Athlete of the Week
Luke Harris

Activity participates in: Powerlifting competitions, baseball and football

Training: Mondays, Wednesdays and Fridays for three hours in the weight room; Tuesdays and Thursdays ride the bike, stretch and do light side-assistance work in the weight room; and Saturdays work shoulders, biceps and calves.

Goal: To squat 800 lbs., bench press 500 lbs. and deadlift 700 lbs. in a single competition.

Advice: “Find a sport that interests you and pursue it. Train hard and give your training 100 percent. Never compare yourself to others ... The only competition anyone has is themselves.”



Photos by Staff Sgt. Shannon Collins

Motto:
“Go heavy; go home.”

